

JTC TIMES



Introducing the

JTC TigerZ

By Bill Evon, First Dan

For the past month or so many of you may have noticed a new class added to JTC's regimen: The Demo Class. If you haven't noticed, I'm sure you'll be made well aware of the many talented JTC students who have been attending that class as they'll be the ones entertaining you at the December Christmas party.

For those of you who are still in the dark, even after the extraordinary feats of our demo team, let me fill you in. The JTC Demo Class is conducted twice per week, every Tuesday and every Friday where students are taught different, not necessarily practical, but flashier techniques to wow and amaze a crowd. While it may be a new addition to our class roster, it is actually a reprisal of JTC's demo team from years ago. Those of



Grandmaster JW Suh demonstrates split kick

you familiar with the Adamian family will be able to view some of their old tricks from the previous demo team, including but not limited to: breaking bricks with their own hands! The Adamian's have been with the JTC family for years and have been obliterating cement blocks with their devastating kicks and punches for just as long.

Now while the demo class may not be brand new exactly I'm sure the techniques will be completely out of the ordinary for

many of our students. During the demo class, you will be spending nearly as much time on the ground as you will be in the air twisting, flipping, kicking, screaming, and breaking boards. The demo class is an exciting new opportunity for our students to bring out their inner Jet Li and let loose some fantastic awe-inspiring moves.

One such move is the halo. The name isn't very descriptive, I know, but I'll do my best to paint a picture for you. The halo is essentially a turning jumping roundhouse kick in which you land on the same foot that you are kicking with. Imagine turning a full 360 degrees in the air counter-clockwise, kicking with your right foot, then landing on the right foot after the kick. Clear? No? Well, I suppose it's better demonstrated than explained, which is all the more reason for you to come and participate!

If you're interested in all this high-flying, fancy-kicking, Hollywood-fu, then talk to Master Sonu. See you at the next demo class!

The Iron Horse: Pushing Your Own Weight - Part 1

We learned in the last installment of this column that we can develop total body strength in three simple moves: An upper body push, an upper body pull and a squat (legs). All the major muscles will be thoroughly worked in these three moves if they are done correctly. In this month's column I am going to begin to show you how to have a great total body workout using little more than your own body weight.

One of the most relevant measures of strength is your ability to manipulate and propel your own body. Body weight workouts are great for many reasons. They can be done anywhere without a lot of fancy equipment, and they are safe for beginners yet still beneficial to advanced athletes.

The classic push-up is an easy but highly effective exercise, and is the quintessential upper body push. In performing the push-up, you will be working the chest, shoulders, and triceps (the back of the upper arm) muscles. Lie face down on the ground with your hands

just outside the width of your shoulders and your feet together behind you. Pull your shoulders back, push your chest out, and take a deep breath. During this breath tighten your abdomen and lower back creating a rigid torso. This will also work your trunk muscles. Breathe out as you push away from the ground. Make sure to keep a flat back with your head up looking slightly forward. Your goal should be to maintain a flat line from head to heels through the entire range of motion. Pause for a beat at the top and lower yourself under control while taking a deep breath to prepare for the next push. Do not collapse to the ground. If your shoulders are back and your head is up, your lower chest or sternum will be the first thing to touch the ground. After only a slight touch exhale hard and push away from the ground again exploding up for your second rep.

If the traditional push-up is too difficult, you may perform them with your knees on the ground to make it easier. As soon as you can complete 10 repetitions on your knees, progress to full push-ups even if you can only complete a few in each set.

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JTC Top 10 List

You are a True JTC Taekwondo Student if:

1. Your Kihap can be heard at Kumon
2. You can fall without injuring your wrist or head
3. You remember all the color belts and their order to become a black belt
4. Your back kick is better than a horse kick
5. You practice your side kick while in shower
6. You use two hand to shake hands
7. You read JTC Times
8. You bow to every black belt, parents, grandparents, and teachers.
9. You've said "Taekwon, Sir!" more than a thousand times
10. Your goal is to wear a black belt

Ask the TKD Doctor: Eat to Live Long and Well

I have often heard people compare food to fuel. But there are two major differences between you body and a car. Food not only provides the energy to make your body run, but also designs your body both inside and out. The fuel for your car is designed to meet the exact specifications of the engine. Your food should be designed to meet the needs of your lifestyle and body type.

It is true that your body type, metabolism, and genetics all play a role in your basic level of fitness, but your diet can work with all of these to produce the best body that you can have and to improve the quality and length of your life. There are several myths regarding diet that have been perpetuated by American culture and lifestyle. These myths need to be dispelled.

1. Eating fat is NOT the direct cause of your becoming fat. That distinction belongs to carbohydrates. An excess of carbohydrates in your diet causes them to be converted into excess body fat.

2. HOW MUCH you eat is far less important than WHAT you eat. Starvation diets leave people constantly feeling hungry and eventually they return to their old dietary habits and regain whatever weight they have lost. By changing what you eat, you can be less concerned with the amount that you consume and will be able to develop the healthy body you seek through knowledge rather than sheer will power. Eating a diet which is low in calories but high in carbohydrates makes it extremely difficult to burn excess fat for



Pushing Your Own Weight

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A good starting point for beginners is to try to complete 5 sets of ten repetitions. If you can't complete all 5 sets of ten, continue to perform additional sets of as many as you can until 50 total reps are completed. Rest 1 minute between sets. For the more advanced athlete, if 5 sets of ten are too easy, try 4 sets of 10 and then

on the final fifth set, try and complete as many as possible. Each time attempt the same routine while trying to complete more repetitions on that final set. This scheme will ensure constant progression and give you a goal to shoot for each and every time.

You can perform this workout 3 times per week on non-consecutive days. Monday - Wednesday -Friday would be a perfect template. Each of these push-up workouts

would also be accompanied by a pulling exercise and a squat.

In next months article I will provide some technique and routine suggestions for some upper body pulls and we will begin to put the entire routine together.

-- By David J. Ballon, Certified Fitness Instructor

Focus on Technique: Back Kick

If there has to be only one reason to fear a Taekwondo artist, it has to be the back kick. Back kick is a technique that, if executed perfectly can take down an opponent who may be much larger or stronger than you.

There are several reasons for this. First, back kick uses the rotational energy generated by your torso. The power from your core muscles is far stronger than muscles in your arms or legs. Secondly, the motion of turning away from the target is tricky and can confuse your opponent. Thirdly the kick uses the heel of your foot moving backward. This backward motion is

powered by your hip, quad, and hamstring muscles which are some of the strongest muscles in your body. When such force is concentrated on your heel, back kick can cause a devastating blow to your target. This is exactly the reason why a competitor with a good back kick is always feared in a TKD match.

To execute a back kick correctly, you must keep the knees close in order to avoid your kicking foot moving in an arc shape. The foot must travel in a straight line. When you master your body movement, you should be able to hit a small target with a back kick accurately and powerfully without even looking. A heavy bag is a perfect training companion for the back kick.

December Events

Christmas Party

Friday, December 4th

5:00 pm - 8:00 pm

Black Belt Ceremony

Saturday, December 5th

1:00 pm - 5:00 pm

Belt Promotion Test

Friday, December 11

4:00 pm Review

5:00 pm Junior Belts

6:00 pm Senior Belts

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